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Rights? Whoops, forgot about those

Cop blames absent-mindedness in failing to let man know about his rights during G20, also says he didn't actually arrest said man PAGE 5

HEY, WE'RE SCARY TOO ...

PUT SOME PATRIOTISM INTO HALLOWEEN BY WATCHING ONE OF THESE FREAKY FLICKS FROM CANADA PAGE 8

Sen. Mike Duffy takes the elevator as he arrives at the Senate on Parliament Hill on Monday.
SEAN KILPATRICK/THE CANADIAN PRESS

Gasp! Duffman drops bombshell speech in Senate

Two cheques, ladies and gentlemen.
Duffy accuses PMO of orchestrating coverup

Sen. Mike Duffy is dispensing more bombshell revelations in the Senate, this time about a second payment related to his ongoing expense scandal.

Duffy says Conservative party lawyer Arthur Hamilton was involved in a scheme to cover his $13,560 legal bill.

Duffy says Prime Minister Stephen Harper's former chief of staff, Nigel Wright, had to "coax" him into agreeing to pay back $90,000 in disputed expense claims.

It was the revelation that Wright himself paid back Duffy's expenses that brought the Senate scandal to the prime minister's front door.

"Not only that, but when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright arranged to have my legal fees paid," Duffy told a rapt upper chamber.

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

An audible gasp went up from the gathered senators.

"The PMO, listen to this, had the Conservative party's lawyer Arthur Hamilton pay my legal fees. He paid for my lawyer. Arthur Hamilton. A cheque for $13,560. That's right, senators, not one payment, but two."

The revelations kept coming.

"I've never seen a cheque from Nigel Wright," Duffy added.

"But I do have the cheque stub and transmittal letter from Arthur Hamilton, the Conservative party's lawyer."

Duffy says the payments were part of an elaborate plan orchestrated by the Prime Minister's Office to make the controversy over his expenses go away.

And he says even the story cooked up about Duffy borrowing the $90,000 from a bank was scripted up by the PMO — and he has the email to prove it.

Harper used Duffy's claim of remortgaging his own home as proof the senator's words could not be trusted last week.

He says he was well within the rules in filing his expenses, and that the true amount of claims that were in violation of the rules totalled less than $500.

THE CANADIAN PRESS

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Retail

Grant Park Target to open Nov. 13

Target will open its third Winnipeg location at Grant Park next month.

The doors will open on Nov. 13 along with 30 other new Target stores across Canada. After two others open in Ontario and Quebec on Nov. 22, the American retailer will have completed its plan to open 124 stores in 10 Canadian provinces this year.

"The final store openings for this year mark a major milestone in Target's history," said Tony Fisher, president of Target Canada.

Target has previously opened stores at Kildonan Place Shopping Centre and Southdale Centre in Winnipeg. METRO

North Kildonan

Off-duty cop among 3 assaulted

A man is facing a number of charges after a woman and two men — including an off-duty cop — were assaulted in North Kildonan early Sunday.

The officer got involved in the altercation after stopping at a convenience store at Henderson Highway and Sutton Avenue around 6 a.m. and finding the suspect allegedly assaulting a woman outside. The suspect is accused of turning his attention on the intervening officer before another man tried to help.

The officer was taken to hospital with minor injuries, while the other two victims did not need medical attention.

The suspect, 26, fled but police caught up with him a short time later.

METRO

City hall. Vandal exits executive policy committee

A second city councillor has announced his departure from Mayor Sam Katz's cabinet.

But St. Boniface Coun. Dan Vandal said his major reason for leaving the executive policy committee isn't the fire-halls audit or a potential tax hike.

"I just think it's time. I've been on (EPC) for three years — it's been a good experience," said Vandal on Monday.

"But this is my last year as a city councillor and I'd like to spend more time in the community serving my constituents."

Coun. Dan Vandal METRO

Earlier this month, Vandal said he planned to seek the Liberal nomination for the federal riding of St. Boniface, which is currently occupied by Conservative MP Shelly Glover.

BERNICE PONTANILLA/METRO

Orphan. Polar bear cub to call Assiniboine Park home

Assiniboine Park Zoo's International Polar Bear Conservation Centre (IPBCC) is taking part in a rescue operation with Manitoba Conservation and Stewardship that brought the centre its first orphaned polar bear Monday.

Natural-resource officers found the 85-pound, 11-month-old female polar bear orphaned near the Churchill airport late last week.

"The IPBCC was built for exactly this purpose — to house and transition orphaned polar bear cubs that would otherwise not survive on their own," said Don Peterkin, COO for the Assiniboine Park Conservancy in a release Monday afternoon. "Obviously we prefer that all polar bears remain in the wild, but we're happy to say a facility such as this is now available for polar bears where this is their only chance for survival and can provide a new home for this cub."

The bear will be off-exhibit to the public while she undergoes a standard 30-day quarantine period.

METRO

Steeves makes it official

Former city councillor Gord Steeves officially announces his intent to run for mayor of Winnipeg in 2014 on Monday. SHANE GIBSON/METRO

Election. Ex-councillor launches mayoralty bid, distances himself from hiring of former CAO

After months of speculation, former city councillor Gord Steeves became the first candidate to officially launch a campaign to become Winnipeg's next mayor Monday.

The announcement comes a year shy of Winnipeg's next civic election, and just a week after an independent audit into the city's new fire halls found the project was mismanaged and rife with favouritism.

While Steeves acknowledged "months of scandal" and "questionable procedures" over the fire-hall project during a speech to supporters, he told reporters afterward the audit's release had nothing to do with the timing of his announcement.

"We'd had this date picked for a long time," he said. "To do this job properly, in my opinion, I think what we have to do is get out and talk to people and make sure that I understand as many issues as possible."

Steeves sat as ward councillor for St. Vital from 2000 until 2011 when he resigned in a failed bid at a provincial seat. While on council Steeves voted in favour of hiring Winnipeg's now former CAO Phil Sheegl, who resigned just days before the audit was released.

Steeves tried to distance himself from the decision to hire Sheegl when pressed by reporters about his role in the unfolding scandal.

"Obviously there were mistakes made," he said. "All of council sat down and voted the way they voted … but I believe that responsibility for the CAO rests with the mayor."

Steeves plans a series of public forums in each ward over the next year to hear from Winnipeggers on what direction they'd like to see him take the city if he's elected.

SHANE GIBSON/METRO

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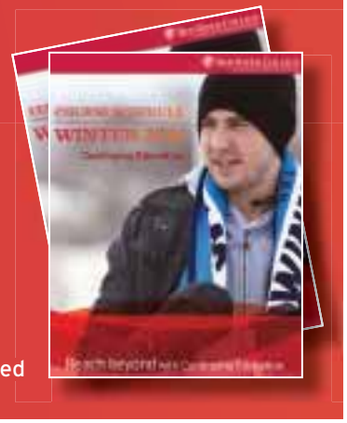

METRO CUSTOM PUBLISHING

Transit Tuesday

Weekly Transit News Update

GOING TO THE AIRPORT?

Winnipeg Transit provides convenient bus service to and from James Armstrong Richardson International Airport. The airport is serviced by two routes including 15 Sargent/ Mountain and the 20 Academy/Watt. The bus terminal is located outside the south end of the airport. For route and schedule information visit our website or call 311.

WE OFFER REQUEST STOP SERVICE AFTER 7PM!

For your safety and convenience, Winnipeg Transit offers Request Stop service which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just politely inform your operator at least one stop ahead of the requested stop – then exit at the front door only. Keep in mind that the operator might not be able to accommodate your request due to road safety concerns.

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Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

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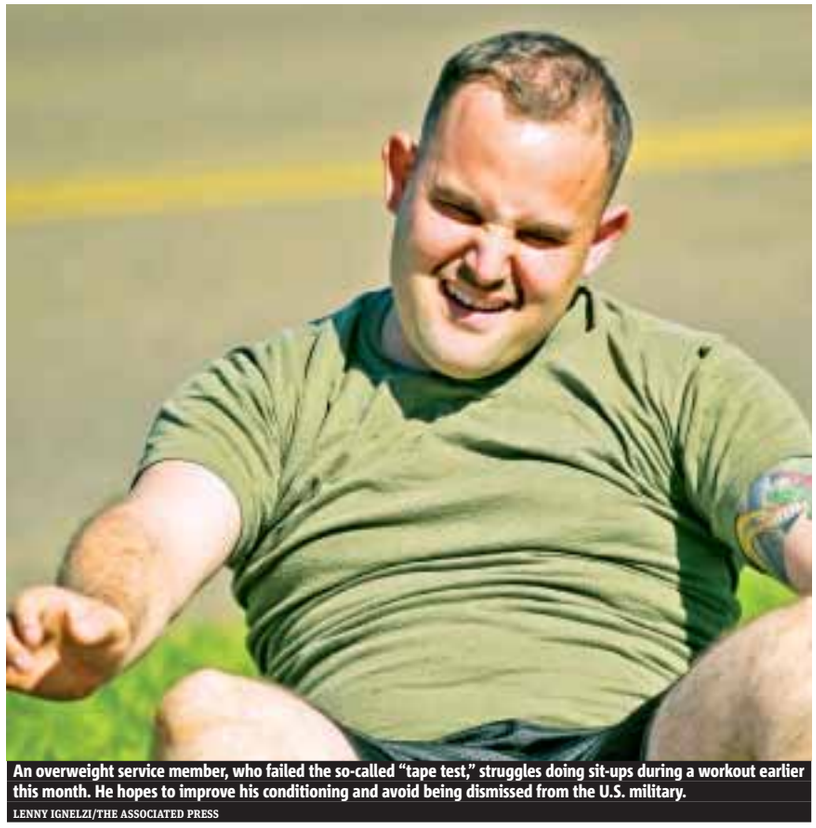
G.I. Joe bodies: Lipo for soldiers

Extra pressure. Service members say they are under scrutiny as U.S. military trims its ranks because of budget cuts and the winding down of the Afghanistan war



An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.

LENNY IGNELZI/THE ASSOCIATED PRESS

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess fat from their waists in a desperate attempt to pass the Pentagon's body fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped. They say the Pentagon's weight tables are outdated and do not reflect that Americans are now bigger, though not necessarily less healthy.

Defence officials say the test ensures troops are ready for the rigours of combat. The military does not condone surgically altering one's body to pass the test, but liposuction is not banned.

The Pentagon insists that only a small fraction of service members who exceed body fat limits perform well on fitness tests.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS

Spain. United States spied on 60 million calls in a month: Report

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

Last week the French paper Le Monde reported similar allegations of U.S. spying in France and German magazine Der Spiegel said Washington had tapped Chancellor Angela Merkel's mobile phone. A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to Washington to demand answers. THE ASSOCIATED PRESS

Wedding crasher

Man steals newlyweds' gifts at reception

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests— made off with a bag filled with cash and cheques from well-wishers.

Countless Cypriot brides and grooms rely on such traditional bags of money to help build their nest egg, and thieves rarely target them.

The bags often contain thousands of euros. They are all the more important in Cyprus these days because of the island's economic crisis.

The weekend robbery occurred in the town of Limassol.

Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build and other general description and are still investigating.

But they haven't found the bag or the money.

THE ASSOCIATED PRESS

Officer 'forgot' to advise cuffed man of his rights during G20

Toronto. Simpson says Nicholas Wright was never arrested, even though it would have been 'reasonable' to conclude otherwise

A man stopped by police during the G20 protests three years ago was free to go on his way even though he had been handcuffed and placed in the back of a cruiser, a Toronto police officer testified Monday.

Const. Ryan Simpson also told his disciplinary hearing that he never arrested Nicholas Wright, but admitted failing to inform him of his rights when he detained him for investigative purposes.

"I just absent-mindedly, forgot to advise him of that," Simpson testified.

Simpson did agree it would have been "reasonable" for Wright to believe he was in fact under arrest and admitted not telling him he was free to leave.

The officer has pleaded not guilty to making an unlawful arrest when he detained Wright, a lawyer, on Sunday June 27, 2010, the day after Black Bloc vandalism erupted in downtown Toronto.

He said he noticed Wright cycling between rows of traffic and decided to stop him. He then noticed Wright had a scarf and goggles around his neck, and was carrying a backpack.

Wright, 31, a lawyer, testified he gave the officer his name and address but refused to answer any further questions. Simpson, he said, told him he was under arrest for wearing a disguise and searched him and his backpack over his objections.

"The officer said he didn't need my consent because I was under arrest," Wright testified.

"I was told I didn't have a right to remain silent because I was under arrest."

Wright said the officer was not wearing a name tag, and gave a false name when asked to identify himself.

THE CANADIAN PRESS

Const. Ryan Simpson, right, is seen outside Toronto police headquarters on Monday where he and a colleague faced disciplinary hearings for allegedly arresting Nicholas Wright, left, illegally during the G20 summit three years ago. COLIN PERKEL/THE CANADIAN PRESS

Man allegedly tries to bring explosives onto plane

A man who was born in Iran, but switched his birth name for an Italian one, has been charged in connection with an alleged attempt to bring explosive material onto a plane.

Antony Piazza, as he is now known, faces three charges over an incident that paralyzed Montreal's main airport for several hours and caused a neighbourhood to be shut down.

The story took another twist when his defence lawyer told reporters Monday that his client was transporting a bag belonging to someone else.

A bail hearing is scheduled Tuesday for Piazza, 71, whose original name was Houshang Nazemi.

He faces three charges — possession of an explosive substance, conspiracy to transport an explosive substance on an airplane and endangering the safety of an airport or aircraft.

The Crown objects to his release on bail.

"The investigation is still ongoing and it's hard to tell what's going to come out of it right now," said prosecution lawyer Alexandre Gauthier.

Police said the material found in luggage at a Montreal airport terminal contained everything needed to make a bomb — except the actual explosives.

The suspicious package was spotted at a security checkpoint in the U.S. departures area of Trudeau airport early Sunday morning. But defence lawyer Louis Morena says he was holding the carry-on bag for someone else.

"In the police report, he claims his innocence and says the bag belonged to someone else," Morena told reporters outside the courtroom.

The Crown has remained mum about what exactly Piazza was carrying. His lawyer revealed some of the items police said they'd identified.

"They were talking about bullets, talking about powder, about wires, about (lighters)," Morena said.

Police have revealed less details to the media, saying only that what was found was not dangerous without actual explosives, but that they didn't want to take any chances.

"For us, it is something major because everything was there to make us believe … (it could have been) a bomb, an explosive device," police spokesman Ian Lafreniere said.

THE CANADIAN PRESS

Antony Piazza
MONTREAL POLICE/THE CANADIAN PRESS/ HANDOUT

iQor Canada

Collection agency fined $500K for all-hours calls

One of the largest collection agencies in Canada has been fined $500,000 for making a series of automated, unsolicited phone calls at all hours to people saying they owed money without clearly identifying themselves.

iQor Canada Ltd., based in Toronto, has until Nov. 15 to pay the fine, according to a notice of violation by the Canadian Radio-television and Telecommunications Commission.

Many of the calls from iQor were made to people who owed no money.

TORSTAR NEWS SERVICE

Sex-abuse allegations

Olympics organizer says he's been cleared

The man who organized the Vancouver Olympics says he's been cleared by police of sexual-abuse allegations brought by a former student, though the RCMP says the file remains open.

The allegations against John Furlong surfaced following a newspaper article published last fall, suggesting he physically and verbally abused First Nations students at Burns Lake, B.C., while teaching at a Catholic school there in the late 1960s.

RCMP Sgt. Rob Vermeulen says the file remains open and declined to comment further because civil actions are underway.

THE CANADIAN PRESS

Mumtaz Ladha

Witness: Alleged trafficker sought work visa for domestic servant

A lawyer who worked for a woman on trial for allegedly trafficking a domestic servant into Canada says the accused asked him to prepare a work-visa application and suggested that she had found a job for the young woman at the heart of the case.

But lawyer Fiesal Ebrahim also says the work permit application stalled and the job never materialized. Ebrahim had worked for the accused Mumtaz Ladha for several years when, in 2009, Ladha indicated an African woman she brought to Canada wanted to remain in the country. THE CANADIAN PRESS

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Tim Hortons to test its first new blend since 1964

Change percolating. Iconic coffee shop chain wants to appeal to today's consumers, who are 'more educated' about their morning cup

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London, Ont., and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London, Ont., stores on Nov. 4.

While Canadians still love the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice-president, beverages, Tim Hortons Inc.

Amid stiff competition, Timmies is testing a dark roast blend. TIM HORTONS

"Canadian coffee drinkers are becoming more educated. They understand a quality cup of coffee," said McKay.

Like the original, the new coffee is made from Arabica beans.

He said the company will gather reaction from customers at the pilot stores, and learn from experience there before deciding next steps.

In November 2009, McDonald's Canada launched a new Arabica coffee nationwide, handing out free cups to encourage customers to give it a try. The new coffee has become a draw for the fast food retailer.

TORSTAR NEWS SERVICE

Still the top dog

77%

Tim Hortons has a 77 per cent share of the brewed coffee market in Canada

Fired for long lunches

Disabled greeter at Walmart wants job back

Walmart officials are reviewing the firing of a disabled man whose caretaker wife said deserves a second chance to keep his job as a greeter.

Matt Wood was reportedly fired after clocking in late for lunches.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.74¢ (+0.09¢)

TSX 13,371.84 (-27.58)

OIL $98.68 US (+83¢)

GOLD $1,352.20 US (-30¢)

Natural gas: $3.57 US (-11¢)
Dow Jones: 15,568.93 (-1.35)

Phone hacking trial begins

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

GENERATION INSTAGRAM POPS THE Q

SHE SAYS

Jessica Napier
metronews.ca

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the whole moment.

Asking someone to marry you is nerve-racking enough without thinking about all of the logistics involved with co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors to create a wonderful, personalized proposal, hassle free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to re-tell to all of your friends and family until the day you're married so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you spend together."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will give you spinal slithers

ULET IFANSASTI /GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. METRO

Nervy woman goes from hiss to bliss

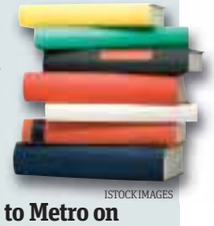
"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. METRO

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing chamber (–110 C) — but don't get too chilled as you may well develop hypothermia and die.
- **Orgasm hotel.** The Venusgarden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca



ISTOCK IMAGES

Douglas Coupland is not only a bestselling novelist, but also a visual artist and author of TEMP, an exclusive, 20-day fictional story running in Metro this November. Known for his musings on art, culture and technology, he's been quoted saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.

Remembering facts:
Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Being wrong:
There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Suffragette City really means.

Spinning blarney:
"I write fiction for a living," says Coupland. "Everything can be fact checked these days and that can be a drag. It's harder to embellish a story."

Visiting the library:
While libraries certainly do still exist, Coupland says he takes a walk among the stacks one in a hundred times as often as he used to.

Twitter

@metropicks asked: A Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. @DougCoupland wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a little diced tomato and lots sriracha.

@Gary_Zinck: Have to have my KD wih chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

Follow @metropicks and take part in our daily poll.

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metro

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There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE

5 Freaky flicks from Canada

The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."

Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."

Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.

Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."

When killing zombies brings you self-actualization

Norman Reedus. The Walking Dead star talks about how his character is growing

ALLEN HOUSTON
Metro World News in New York

Norman Reedus is coming off a zombie-killing high. The actor, who plays Daryl — the redneck biker with a heart of gold on AMC's The Walking Dead — is taking a break between scenes to talk with Metro about the new season of the apocalyptic smash hit, its loyal fans and what he calls the "meatiest" season yet. The Boondock Saints star, photographer and former Prada model promises lots of surprises and more complex character development as the group faces its most dangerous threat ever this year.

You had your biggest viewership ever for episode one of the fourth season (16.1 million viewers) on Oct. 13. What can fans expect from the new season?

The first season started off as a heartbeat and a hyperventilating breath, and the second season was more storytelling, and the third season was a full-blown war. This season has all of those things but it breathes a little differently. It's definitely more character-focused and the best scripts that we've ever gotten.

Your character has really developed from the first season. What can we expect in season four in terms of Daryl's growth? Will he continue to grow into a leader among the survivors?

He definitely has more of a leadership role this season. The thing with Daryl is that he is never trying to be Rick. When things need to be done he definitely gets them done but he isn't trying to lead the whole group. He grew up a lot with the death of his brother. He's becoming his own person and finding self-worth through helping these other people. You see him in a different place. He doesn't seem very afraid of anything at this point.

Norman Reedus stars in The Walking Dead. CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Perry to fellow pop stars: Cover up already!

Katy Perry

Katy Perry has some harsh words for fellow pop stars like Miley Cyrus and Rihanna — though she won't go so far as to mention them by name. "Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's Weekend Edition in an interview. "I'm not talking about anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

Christina Ricci weds over the weekend

Christina Ricci

Christina Ricci married fiancé James Heerdegen in a small New York City ceremony over the weekend, according to Us Weekly. The happy couple exchanged vows in front of close friends and family at an evening ceremony on the Upper East Side. Ricci and Heerdegen first met on the set of the short-lived TV series Pan Am in 2011 and were engaged in 2012.

Olivia Wilde and Jason Sudeikis. ALL PHOTOS: GETTY IMAGES

Baby? check! Salsa? Check! Wilde and Sudeikis are ready for parenthood

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?"

The couple met in 2011 and announced their engagement in January. In March, Wilde told Marie Clare magazine that while she "can't wait for children," there was no definite plan at the time. "I'm open-minded about how many, but three — which I love — is like a little party," she said. "I'm not trying to have kids now — there's no strict plan for anything in my life. What happens, happens. He's so good with kids. I've never before experienced looking at someone and thinking, 'That's who I want to raise a child with.'"

Twitter

@mcgregor_ewan
Rain on the roof of the trailer. Make me want to sleep.

@ElizabethHurley
We had Halloween early and am suffering from too many icing eyeballs and fresh blood jelly...

@IAmDonCheadle
The misogyny in rap is hard to take. How can we create an alternative, strike some kind of balance?

The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA GARRISON
Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music, making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

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Half off

Half Off: Healthy messages

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to help lose half of her body weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

It makes a difference.

"Letting her decide has made the difference. She's not a picky eater. She is a pretty good eater. And she tells me when she's full," says Elisha.

Annabelle is also encouraged to try different sports — she takes swimming lessons, is signed up for soccer and may start jujitsu.

Elisha is trying to incorporate activity into family time too. Now that they have a backyard (the old house didn't), they can go out and kick around a soccer ball around. Or, the three just go for a walk.

"I'm doing this not just because I want Annabelle to be healthy," says Elisha, "but because I want to be here as she grows up."

For Cieciwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

YLVA VAN BUUREN/ FOR METRO

Do you want six-can abs or six-pack abs?

Health options. The bottom line is if you want to get a toned body you have to put in the work and make good life choices

LINDA CLARKE
Metro World News

If you want to get cut, you have to put in the work. ISTOCK PHOTOS

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the non God-like Average Joe develop an Adonis type physique?

"Yes, they really can," laughs Eli Ingram, a New York Sports Clubs personal trainer. (The company also has the Boston, Washington, and Philadelphia Sports Clubs.)

"It's achievable for anyone who wants to put in the work. A lot of it is exercise, a combination of total body conditioning and extra ab work. It's also nutritional, because men have to look at the way they eat."

And drink.

You don't get six-pack abs by quaffing pints of beer no matter how much exercise you do.

"You have a choice: Six-can abs, or six-pack abs," Ingram jokes.

Apart from being useful for modelling underwear, strong abdominal muscles means a strong body core to support movement, and that means less stress on joints and on the lower back.

"A strong core is very important," Ingram says. "The stronger the abs, the stronger the core, and the stronger the body as a whole. In order to build a strong core you need to do both endurance and strengthening."

Besides washboard abs, traditionally, men focus on developing arm and chest muscles.

"Arms are the first thing you see," Ingram says. "Whether someone is wearing a shirt or not, you can tell if someone has strong arms."

Ingram's core workout also works the pecs and arms and incorporates the whole body in support of the exercises.

While swapping a paunch for strong abdominal muscles has health benefits, it isn't the main reason why most men train.

"It's all about physical appearance," says Ingram. "These are large muscle groups and they can be esthetically pleasing when developed."

Online assistance

Runtastic six pack

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPhone/iPad/Android
Free/$4.99
Full of features, yet limited to abdominal exercises, this interval workout offers a nice mix of instructional videos, synchronized music and a calorie counter. Unfortunately the free version has annoying ads.

Here are a couple exercises to carve a six-pack, get killer pecs and pump those biceps.

Cable crunches

Grasp the cable rope attachment with both hands and place against your head. Position your hips back and flex allowing resistance on the cable pulley to lift torso upward. With your hips stationary, flex your waist so your elbows travel toward the middle of your thighs. Return and repeat.

Battle rope hip toss

To perform the hip toss, grab the rope in either a single or double overhand grip. Keep feet firmly planted on the ground, lifting the rope off the floor. Rotating the hips and torso, bring the arms from one side of the body to the other. Make sure arms stay close to the body.

Best Health

Health apps for man's best friend

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In every issue of Best Health, we have an article called Best Health For Pets and in the October issue, on newsstands now, we rounded up some of the new ways you can keep your furry companion happy and healthy.

Smartphone apps are making it easy to have key info at your fingertips. Here are just a few, plus one for fun.

PupTox (Android, iPhone; $0.99).
PupTox lists more than 250 items that can harm or kill your pet if ingested, including food, plants, chemicals and common hazards such as coins, batteries and bones. The chocolate toxicity calculator uses your pet's weight, type of chocolate and amount consumed to determine the level of toxicity. It also provides one-click phone access to poison hotlines (for a fee).

Pet Care Services (iPhone, free).
This is a must-have if you travel with your pet. Using GPS, it'll locate the nearest vet clinics, pet-friendly hotels, groomers and pet stores across Canada and the U.S.

Pet Names (Android, iPhone; free).
The iPhone and Android pet-naming apps are created by different companies but both will help you find the ideal name for cats, dogs, birds, gerbils and even turtles. Pet Names for iPhone allows you to browse by alphabetical listing, pet type or popularity; with Pet Names for Android, browse by list or at random.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Why won't the man in your life go to the doctor?

Men's health. Study finds that more than half of premature deaths among men are preventable if they are detected early enough

MAJA LUNDAGER PEDERSEN
Metro World News

Gents, there is nothing to be afraid of from the doctor. ISTOCK PHOTOS

Statistics show that many men's doctor habits are as bad as teenagers' morning behaviour — they seem to keep pressing snooze when it comes to getting up and off to the recommended check-up.

According to a survey conducted by the U.S. Centre for Disease Control, 26 per cent of men had no office visits to a doctor or other health professional in the past 12 months. Only 13 per cent of women, on the other hand, did the same.

"My perception is that it's denial," say Dr. Jonathan Swartz, internal medicine physician and regional medical director for Montefiore Medical Center.

Men's Health Network, a non-profit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their MD. From an early age, boys are taught not to cry and complain, and being ill is seen as a weakness. Swartz recognizes this behaviour.

"What I experience much more with men (than women) is that they tend to deny and minimize symptoms and problems that they are having," he says. "I will usually start the visit saying, 'Are we having any problems today?' (The man says) no, but then the wife kicks in and says, 'You are not going to tell him about the chest pain you have had every day for the last two weeks and that you can't climb up the stairs anymore?'"

The Men's Health Network recently found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. Shockingly, they also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick (before) coming to the doctor, it's too late," Swartz says.

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Is psoriasis affecting a loved one?

Psoriasis, a serious skin disease, can cause depression, embarrassment, and low self-esteem.

Dr. Marni Wiseman is now conducting a research study. Individuals 18 or older with psoriasis may be eligible to receive an investigational medication at no cost.

You have options. Learn about them at ResearchTrials.org, or call 204-947-1630.

Jeepers, creepers where'd you get those meatball peepers?

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry.

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

This recipe makes about 30 meatballs. THE CANADIAN PRESS

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

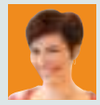
4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake for about 15 minutes or until golden brown and no longer pink inside.

5. Serve with pasta sauce, if desired.

THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Health Solutions

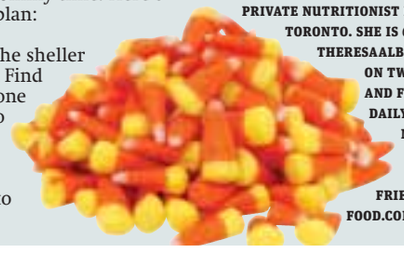
Surviving Halloween



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's face it. Halloween is nothing but a make-work project for moms. You buy a bunch of candy you would rather not spend money on, rush home, shove a meal in front of kids that they would rather not eat, dress them up in ways you would rather not see and negotiate at the end of the night over treats you would rather they not ingest. This year is going to be different. It's mommy time. Here's your plan:

- Be the sheller outer. Find someone else to take kiddies door to door.



- Have paper cups at the ready and a slow cooker full of mulled apple cider with rum for the parents who come door-to-door with kids in tow looking a little chilly or cranky.
- Put some Mexican music on and blast it onto the porch. Wrap yourself in a colourful blanket and call it your costume. Sure, wear a sombrero.
- Use up those paper bags by putting LED candles in them and calling it Halloween decorations. Come on! That's plenty of spirit.

Bah Humbug. Wrong holiday?!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

The boy who cried bully — at school and at work

Term overuse.
Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Was a losing team bullied? Is your angry spouse a bully? How about that co-worker who's always criticizing you?

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided victories, the coach even tried to minimize the blowout by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common. THE ASSOCIATED PRESS

Bullies in sports?

In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a fact of life," said Malcolm Smith, a professor in the University of New Hampshire's education department.

Learning how to lose in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas. "It teaches you the mechanism for coping with losing, in a protected way."

Bullies in politics?

In May, U.S. Sen. Harry Reid, D-Nev., called Sen. Ted Cruz, R-Texas, a "schoolyard bully. He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but changes the rules. That way, no one wins, except the bully."

But not everybody thinks that political clashes — even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, spokesman for Heritage Action, sister organization to the Heritage Foundation, a conservative think-tank. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."

Bullies on the job?

Dr. Harold Pass chairs a committee that evaluates allegations of disruptive behaviour at Stony Brook University Medical Center in New York. He says "bullying" accurately describes workplace situations where someone is targeted by a fellow employee — whether it's a doctor trying to make another one look bad or a nurse targeted by a superior.

"Bullying means intentionality," Pass said.

Bullying elders?

No one denies that bullying among kids is a serious problem. Just look the many tragic cases of adolescents committing suicide after being tormented by peers in school or online.

But some kids have been called "bullies" over stupid pranks. Lawyer Monrae English represented three boys at a Fresno, Calif., high school suspended for bullying after they created a phoney Facebook page with the principal's name on it.

"They put silly stuff on there — about how homework needs to be done and something about liking Twilight movies," she said.

"Most of the students knew it was in jest, but the principal got irate about it and said he was personally being bullied."

When the school took steps to expel them, their families hired attorneys. Eventually the school backed down and wiped the boys' records clean.

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you may have to get in the bully's face."

To figure out what you spend on health care annually, start by checking your past few tax returns. ISTOCK

How much does health care cost you? Try 1,400 big ones

Unplanned outlays. Data shows health care is a significant expense and a major factor in increasing stress levels

YOUR MONEY
Alison Griffiths
money@metronews.ca

How much do you pay for health care every year? If you're an average Canadian it amounts to nearly $1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over $1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top $5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case.

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs. Others (12 per cent) had to borrow from family or friends while nine per cent dipped into their RRSPs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.

Savings strategy

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs.

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SPORTS 4

Penguins put unfamiliar feeling of failure in the past

NHL. Three-game losing streak comes to an end as Pittsburgh puts in solid showing in North Carolina

On Monday

3	1
Penguins	Hurricanes

Rookie Jayson Megna had his first career goal and assist, and the Pittsburgh Penguins snapped a three-game losing streak by beating the Carolina Hurricanes 3-1 on Monday night.

Chris Kunitz and Tanner Glass also scored for the Metropolitan Division-leading Penguins. Brooks Orpik had three assists, Sidney Crosby added two and Marc-Andre Fleury stopped 20 shots.

Pittsburgh ended its longest losing streak since 2011-12 by defeating the Hurricanes for the fourth straight time.

Nathan Gerbe scored a power-play goal for Carolina, which lost its third straight but remained tied with the New York Islanders for second in the division — five points behind the Penguins. Justin Peters made 26 saves in his second straight start in place of the injured Cam Ward. Ward is expected to miss at least two more weeks after sustaining an unspecified lower-body injury during a loss at Minnesota last week. Including that game, the Hurricanes have lost all three games since he was hurt. Carolina has allowed at least three goals in four straight.

Offence had become a bit tougher to find for the Penguins, which scored 13 goals in its previous two victories over the Hurricanes — including a 5-2 win earlier this month in Pittsburgh keyed by a hat trick from former Hurricane Jussi Jokinen.

During the losing streak, the Penguins averaged 38 shots but managed four total goals.

Kunitz scored the go-ahead goal with 3:36 left in the second, cashing in on some nifty cross-ice passing, taking a feed from Crosby and beating Peters high to make it 2-1.

Megna — a 23-year-old undrafted centre playing in his second career NHL game — then made it a two-goal game with 12:49 left.

THE ASSOCIATED PRESS

Penguins captain Sidney Crosby, left, and Tanner Glass celebrate Glass's first-period goal against the Hurricanes on Monday night in Raleigh, N.C. GERRY BROOME/THE ASSOCIATED PRESS

'Football is football,' new Argo Maybin says

It's a new game with a new team in a new city, but it's still football for Aaron Maybin.

The former NFL first-round pick participated in his first workout with the Toronto Argonauts on Monday, a day after joining the practice roster. Maybin admits he's got much to learn about the Canadian game but isn't the least bit worried or intimidated.

"The way I see it I'm a football player, I adjust to whatever style I need to adjust to," he said. "It (Canadian field) is bigger than I'm used to but there's nothing intimidating about it, nothing too different.

"Football is football. You've just got to adjust and understand it's a part of the game."

Back between the lines

"I'm not there yet and I still have some work to do."

Aaron Maybin on concerns about his conditioning. Maybin is back playing again after being released by the Cincinnati Bengals in August.

While the linebacker is short on CFL experience, he's not lacking in confidence.

"Talent," he said when asked what's the top attribute he brings to Toronto.

"I feel like there are things I can bring to this team and obviously the coaches feel that way too. I'm just coming in, working hard, trying to do my best to help the guys on this team that have been working all year to get to the place they want to be really bad and that's a championship."

THE CANADIAN PRESS

NHL

Stars get win for Ruff in Buffalo

Tyler Seguin capped a three-goal, first-period outburst, and the Dallas Stars hung on to deliver coach Lindy Ruff a 4-3 win in his homecoming against the Buffalo Sabres on Monday night.

Matt Moulson scored two goals in his Sabres debut, a day after being acquired in a trade that sent Thomas Vanek to the New York Islanders. THE ASSOCIATED PRESS

Matt Moulson scored two goals in his Sabres debut. GETTY IMAGES

World Series

Lester's lustre only brighter after Game 5

Jon Lester smothered St. Louis on four hits into the eighth, David Ross hit a tiebreaking RBI double in a two-run seventh inning off Adam Wainwright and the Boston Red Sox beat the Cardinals 3-1 Monday night to take a 3-2 World Series lead.

David Ortiz's RBI double in the first put the Red Sox ahead until Matt Holliday hit his second home run of the Series in the fourth, ending a 16 1/3-inning Series scoreless streak for Lester dating to 2007.

Lester beat Wainwright for the second time this Series, striking out seven and walking one in 7 2/3 innings, and Koji Uehara finished the four-hitter for his second save.

THE ASSOCIATED PRESS

NBA

"It's not like it's unheard of. We all know what it is. They don't like us, so we don't like them."

LeBron James, whose Miami Heat take on their rival Chicago Bulls in Tuesday's NBA opening-night action.

Horoscopes

♈ Aries
March 21 - April 20
Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

♉ Taurus
April 21 - May 21
You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

♊ Gemini
May 22 - June 21
Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

♋ Cancer
June 22 - July 23
You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

♌ Leo
July 24 - Aug. 23
Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

♍ Virgo
Aug. 24 - Sept. 23
You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

♎ Libra
Sept. 24 - Oct. 23
Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

♏ Scorpio
Oct. 24 - Nov. 22
The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

♐ Sagittarius
Nov. 23 - Dec. 21
Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

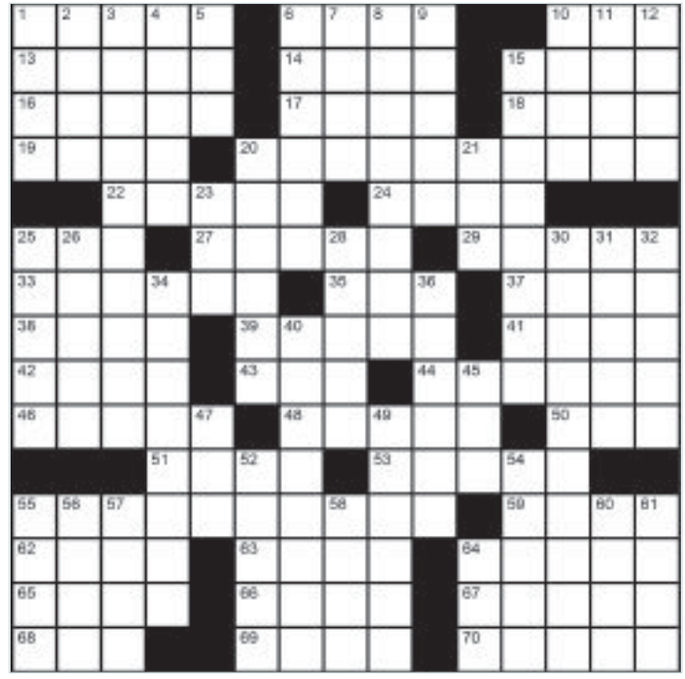
♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

♓ Pisces
Feb. 20 - March 20
You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

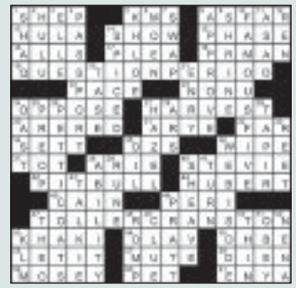
BY KELLY ANN BUCHANAN



Across
1. Hoarse
6. "Stay (I Missed You)" singer Lisa
10. #55-Down's kitchen drawer pal
13. Type, then press this button
14. Crucifix inscription
15. Mr. Gyllenhaal
16. Ernie's muppet pal's namesakes
17. Churn
18. Re-work the written work
19. _ __ of words
20. Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
22. Close-fitting
24. Eagerly excited
25. "Yuck."
27. Tomato __
29. 1861 George Eliot novel, __ Marner
33. Drink of the gods
35. Relieved-one's sound
37. Neither masc. nor fem.
38. "__ pronounce you...": 2 wds.
39. "___ outta heeere!" (Haunted house inhabitant's holler)
41. Station: French
42. Perfectly good
43. Compass reading
44. Square peg
46. Pine
48. Hat parts
50. Pre-AD years
51. "2001: A Space Odyssey" (1968) star Mr. Dullea
53. Canadian margarine brand
55. Robert De Niro movie: 2 wds.
59. Mouse-like critter
62. Farm structure
63. Baltic Sea feeder
64. __ __ not the time (Later is better)
65. Layered hairstyle
66. Prefix to 'culture'
67. Clay pigeon shooting
68. "Gangnam Style" rapper
69. Prefix to 'morphosis'
70. Popular plants

Down
1. Ms. McEntire
2. Freshly
3. Vancouver Island: __ Provincial Park
4. Laboratory dish
5. Century components, curtly
6. Restricts
7. __ about (Circa): 2 wds.
8. Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.º
9. ___. (Microsoft founder, fun-style)
10. "Voila!"
11. __ milk
12. Mr. Rose of baseball
15. Jeans-looking pants
20. Billing
21. Greek dawn goddess
23. Student's 4.0, e.g.
25. Merge
26. Christina Aguilera's "__ in a Bottle"
28. Spud
30. Fall yard tool: 2 wds.
31. Relating to gold
32. Lets it stand (Proofreading term)
34. 'Dance' in 2013 headlines
36. Someone shortening pants
40. Canadian energy company
45. Q. "___ the follower of B?" A. "Indeed."
47. Mr. Beatty
49. Spanish airline
52. "The Bare Necessities" part: "...wander, wherever _ __..."
54. Call forth
55. Recipe measurement [abbr.]
56. Oohs and __
57. Hospital photo
58. Green: French
60. Lender's protection
61. Ballpark figs.
64. Bouncy check acronym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	3			8		
4	3			7	2			
7			6				9	
3				1				8
		6				4		
1				2				5
	5				8			6
			1	6			2	9
		4			9	7		

Yesterday's Sudoku

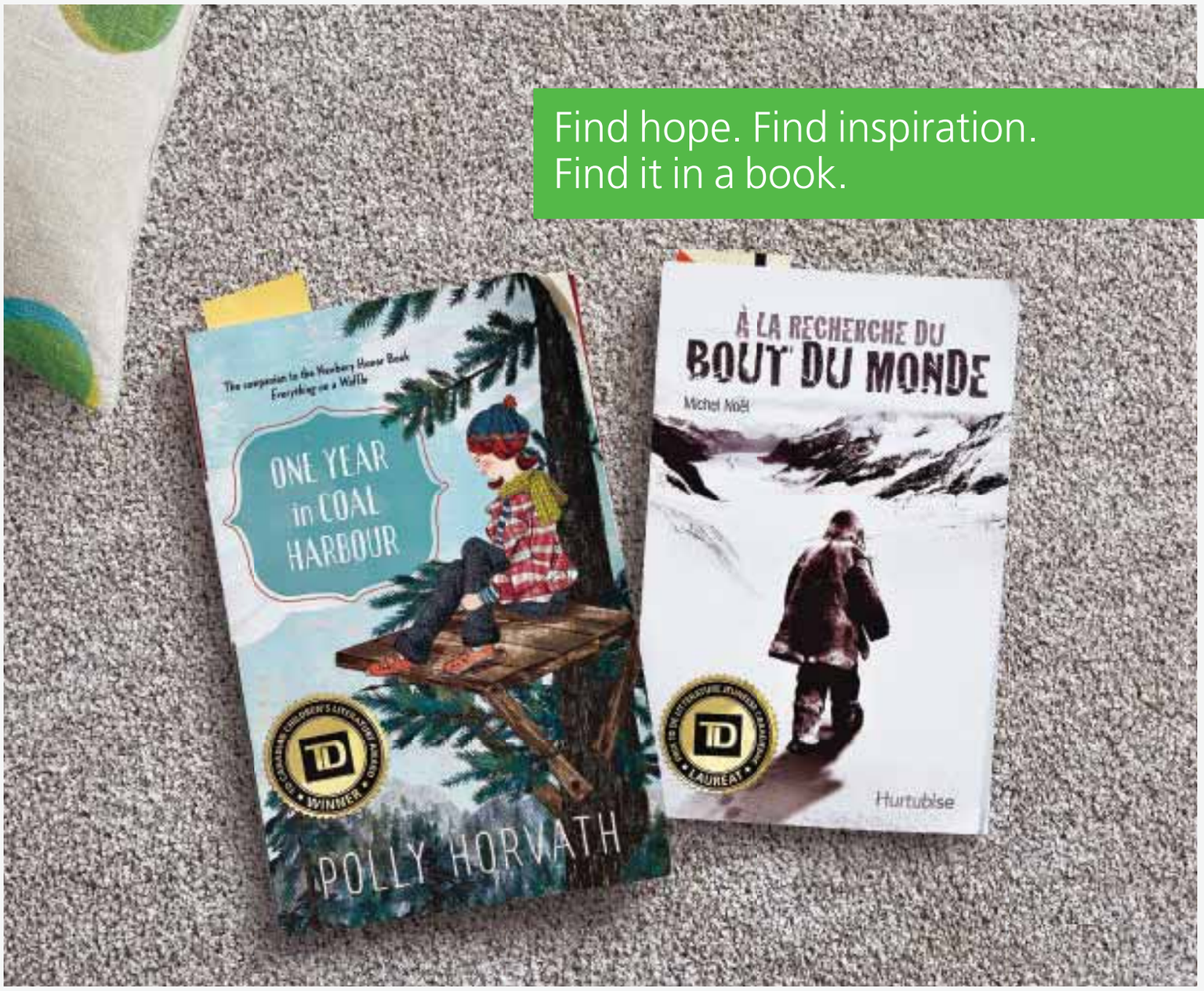
1	2	4	6	7	9	8	5	3
5	7	8	2	4	3	1	9	6
6	3	9	5	1	8	7	4	2
7	4	6	3	2	1	9	8	5
8	9	2	4	5	6	3	1	7
3	1	5	8	9	7	2	6	4
9	6	7	1	3	5	4	2	8
2	8	1	7	6	4	5	3	9
4	5	3	9	8	2	6	7	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -1° MIN: -5°	MAX: 7° MIN: 0°	MAX: 7° MIN: 1°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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